



**Pantry Items:**

Olive Oil  
Salt & Pepper  
Fresh Garlic  
Yellow Onion  
Lemons  
unbleached flour  
sugar  
soy sauce  
brown mustard  
red pepper chili flakes (optional)  
vanilla extract

**Kitchen Equipment:**

zester  
knives  
cutting boards  
blender/food processor  
roasting pan  
cookie sheet  
lg saute pan

**Shopping List:**

Our ingredients were purchased at Trader Joe's  
Organic Tuscan Kale 10oz  
2 pkg Organic Baby Broccoli  
2 Cauliflower  
8oz whole Crimini Mushrooms (baby portabellas)  
Strawberries  
1 pkg silken tofu  
1 pkg rolled polenta  
Vegan Butter (Earth Balance ok)  
1 jar capers  
1 jar organic tahini  
fresh oregano (subs. dry)  
truffle powder seasoning (optional)  
Coconut creamer  
Vegan whipped topping  
fruit jam (your choice)  
almond extract